

Uncovering the Fixation Suppression of Peripheral Nystagmus - Poor Man's Solutions

Thirugnanam Umapathi

National Neuroscience Institute, Singapore

I discuss simple and practical ways to remove visual fixation when attempting to confirm peripheral nystagmus at the bedside, negating the need for expensive and cumbersome Frenzel goggles. Similar techniques have been described.^[1,2]

Video 1 shows a lady with acute left vestibular neuronitis. Her subtle right beating primary position nystagmus is more pronounced when visual fixation is removed using a pair of spectacles with high-dioptre lens. Another trick is to ask the patient to gently shut the eye lids. Some patients, like this man with acute left vestibular neuronitis Video2, have thin enough eyelids to discern the enhancement of nystagmus that occurs from removal of visual fixation. Observing for worsening of nystagmus in a darkened room is also useful.

I call these bedside manoeuvres 'poor man's Frenzels'. The sensitivity of these methods, compared to that of standard Frenzel goggles, has not been studied. Nevertheless, I have employed them for about 10 years and found them valuable for the bedside evaluation of acute vertiginous patients, especially in under-resourced settings.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

REFERENCES

1. Dhonde P, Khadilkar S. Frenzel glasses: An affordable alternative. *Pract Neurol* 2020;20:504.
2. Strupp M, Fischer C, Hanß L, Bayer O. The takeaway Frenzel goggles: A fresnel-based devise. *Neurology* 2014;83:1241-5.

Address for correspondence: A/Prof. Thirugnanam Umapathi,
National Neuroscience Institute, Singapore.
E-mail: umapathi@nni.com.sg

Submitted: 13-Oct-2021 **Revised:** 02-Nov-2021 **Accepted:** 06-Nov-2021

Published: 14-Feb-2022

Videos available on: www.annalsofian.org

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

For reprints contact: WKHLRPMedknow_reprints@wolterskluwer.com

DOI: 10.4103/aian.aian_910_21